

Exercise

WHO IS IN MY NETWORK?

Think about the people that might fit into each of the bubbles below, and the kind of help and support that they may be able to give you and your baby. These people make up your **support network**; making use of the support from a range of people within your network can help reduce feelings of being overwhelmed or isolated.



Support can be given at different times, in different ways, either in a planned way or on more of an ad-hoc basis, as and when you need it. The important part of a support network is that you are able to consider who you might call for help and in what situation.

This activity can be helpful when developing support plans.

WHO IS IN MY NETWORK TEMPLATE

Complete the diagram below with all the people that you might rely on in future to help you, with either your baby or things for yourself.

Try and put those closest to you nearer to you (in the pink circle) and those who are less close towards the outside (right) of the diagram.

Remember your support network does not have to have hundreds of people listed, just those you would genuinely call on if you needed help. If you are completing this as a couple, then just complete one map between you.

